



Approved For Release 2008/02/11 : CIA-RDP80T00246A001600750002-0

N. VINOGRADOV

**HEALTH PROTECTION
IN THE
SOVIET UNION**



FOREIGN LANGUAGES PUBLISHING HOUSE
Moscow 1956

Approved For Release 2008/02/11 : CIA-RDP80T00246A001600750002-0

Approved For Release 2008/02/11 : CIA-RDP80T00246A001600750002-0

This is a lecture prepared for physicians and public health administrators by the Central Institute of Advanced Medical Training of the U.S.S.R. Ministry of Public Health. It is translated from the pamphlet published by the Medical Publishing House in Moscow.

Approved For Release 2008/02/11 : CIA-RDP80T00246A001600750002-0

Approved For Release 2008/02/11 : CIA-RDP80T00246A001600750002-0

CONTENTS

	<i>Page</i>
State Character, Unity and Planning of Soviet Public Health Service	11
Free Qualified Medical Aid for All	32
Soviet Public Health and Medical Science	36
Prophylaxis—Prevention of Disease	40
Public and Health Service	52

Approved For Release 2008/02/11 : CIA-RDP80T00246A001600750002-0

Approved For Release 2008/02/11 : CIA-RDP80T00246A001600750002-0

Soviet public health service is a new, high form of health protection, born after the Great October Socialist Revolution and perfected in the process of socialist construction. Guided by the Communist Party and the Soviet Government, it is an important branch of socialist construction and an integral part of socialist culture.

Socialist culture has developed by critically assimilating all that is valuable in the cultural heritage of the past.

V. I. Lenin wrote:

"Proletarian culture must be the result of a natural development of the stores of knowledge which mankind has accumulated

under the yoke of capitalist society, landlord society, bureaucratic society."

Soviet culture is *popular* in character. It belongs to the people and is creatively developed by millions of workers.

The same feature applies also to public health protection. In the Soviet Union qualified medical aid is free and available to all.

The Soviet doctor is a servant of the people; he shares their interests and represents and promotes socialist culture—the culture of the working class.

Another feature of Soviet culture is its *multi-national character*.

Writing on the interrelations of proletarian and national culture, J. V. Stalin said:

"Proletarian in content, national in form—such is the universal culture towards which socialism is proceeding. Proletarian culture does not abolish national culture, it gives it content. On the other hand, national culture does not abolish proletarian culture, it gives it form."

The building of socialist society and culture means eliminating the economic and cultural

backwardness of formerly oppressed peoples and the development by various socialist nations of their own culture—national in form and socialist in content.

Forty-eight nationalities of the U.S.S.R. have created their own written language since the October Revolution. Illiteracy has been stamped out in all the union and autonomous republics, and school children are now taught in their own language. Now the national republics train their own cadres for economy and culture. All this represents the supreme achievement of socialist construction.

The working class and its Party have always been guided by the principle of racial and national equality and friendship among the peoples. The leading role in the mutual enrichment of the culture of national republics is played by the culture of the Russian socialist nation.

The socialist public health system takes into account the national peculiarities of each republic.

Yet another characteristic feature of Soviet culture is its *socialist humanism*.

The Soviet doctor is wholeheartedly devoted to the task of enhancing the well-being of his people.

And the working people, in their turn, are deeply grateful to the doctor who looks after their health and upholds the standard of socialist humanism.

**STATE CHARACTER, UNITY AND PLANNING
OF SOVIET PUBLIC HEALTH SERVICE**

In its essence, tasks and functions the Soviet Socialist State radically differs from all the other types of state that preceded it. In the same way its public health service differs from all previous health services.

The main forms of this system were laid down explicitly in the programme adopted at the Eighth Congress of the Communist Party in 1919:

"As the basis for its activity in the sphere of protecting the people's health, the Russian Communist Party considers as a prime duty the carrying out of extensive health-building and sanitary measures with the object of preventing the incidence of disease.

"Accordingly, the RCP makes it its immediate task:

"1) To carry through resolutely extensive sanitary measures in the interests of the working people, such as: a) improvement of health conditions in populated places (protection of soil, water and air from pollution), b) organization of public catering on a scientific and hygienic basis, c) launching of measures to prevent the outbreak and spread of infectious diseases, d) creating a code of health legislation.

"2) To combat social diseases—tuberculosis, venereal diseases, alcoholism, etc.

"3) To make qualified medical and pharmaceutical services available to all free of charge."

These progressive trends in health protection are laid down in the Constitution of the U.S.S.R. Article 120 says:

"Citizens of the U.S.S.R. have the right to maintenance in old age and also in case of sickness or disability.

"This right is ensured by the extensive development of social insurance of industrial, office, and professional workers at state ex-

pense, free medical service for the working people, and the provision of a wide network of health resorts for the use of the working people."

The Great October Socialist Revolution put an end to exploitation of man by man and ensured conditions necessary for the all-round physical and spiritual development of the Soviet working people.

Protection of people's health was proclaimed the basic concern and duty of the Soviet State, which is vitally interested in promoting people's health, prolonging their lives and improving their well-being.

"In a socialist country the health of the workers and peasants is the primary concern of the state," M. I. Kalinin said.

Here is how N. A. Semashko, first People's Commissar of Public Health, characterized the Soviet public health system:

"The working people in the U.S.S.R. are not the 'objects' of the concern of other classes. They are the 'subjects,' the creators of their own history. Herein lies the radical and fundamental distinction between the Soviet public health system and the systems in pre-revolu-

tionary Russia and in capitalist countries. Herein lies the significance of the nationalization of the medical services in our country."

In capitalist countries the state, as a rule, plays a rather limited role in the health services. Budget appropriations for health are meagre and medical aid is generally in the hands of private practitioners.

An example is the public health system in the United States where, in addition to the Federal Department of Health, mainly responsible for hygiene and administration, there are autonomous health departments in the states which are not accountable to the Department of Health. The public health services are not unified under one department, there is no single code of health legislation, and medical aid, like in practically all the capitalist countries, is on a purely commercial basis.

Sanitation and hygiene in capitalist countries are developed only in so far as they are in the interests of the bourgeoisie. It is no secret that the health of the U.S. population and the country's medical service have reached an extremely low level. In 1951, President Truman said that more than one mil-

lion Americans died from chronic diseases in 1950, and that mortality from heart ailments in that same year was 20 per cent greater than in 1940. To most of the population medical treatment is a luxury they can ill afford.

The successes of the Soviet health service have their origin in the socialist economy to which such phenomena as anarchy in production, crises and unemployment are utterly alien. In the U.S.S.R. labour is a matter of pride, enthusiasm and valour. The free creative labour of the Soviet people is an inexhaustible source of their well-being and health.

Under socialism each new step in the development of the country's productive forces, and the consolidation of its material and technical base means fuller, all-round satisfaction of personal needs, and the growth of the well-being and cultural level of the working people.

The Soviet State, exercising economic, organizational, cultural and educational functions, co-ordinates and directs public health work. The U.S.S.R. Constitution proclaims the right of every citizen to free medical aid, and

ensures this right by the extensive development of medical services at state expense.

Soviet public health plays an important part in raising labour productivity and promoting hygiene in industry and agriculture. At the same time widespread measures are taken to improve living conditions and here, too, the Soviet health services are a factor of major significance.

These measures include housing and municipal development on an unparalleled scale and the improvement of amenities in populated places. The huge state appropriations for social insurance benefits, pensions, cost-free or part-free accommodation at sanatoria, holiday homes and children's establishments, aid to mothers of large families and unmarried mothers, free medical aid, and other measures aimed at improving the well-being of the working people, have had a beneficial effect on the health of Soviet citizens.

In 1954 alone the state spent 146,000 million rubles on allowances and other social benefits.

For the first time in history, society—free of exploitation of man by man—is putting all its

efforts into harmoniously developing man's personality, physical and moral strength and capacity, and into bringing up a healthy generation. This problem is being solved with the direct and active participation of the Soviet health services.

Wide prophylactic measures, mass physical culture, qualified medical aid, application of the latest curative and prophylactic measures—all this has made for considerable reductions in sickness incidence and mortality. In 1953 the number of deaths registered was one-third of the 1913 figure. In pre-revolutionary Russia the death rate was double that of Britain and the United States and almost double that of France. Today, death incidence in the U.S.S.R. is lower than in any of these countries. The Soviet public health services, however, have made it their task not only to reduce sickness incidence but to eliminate completely a number of diseases with the aid of the advanced methods worked out by Soviet medical science. Major success has already been achieved in this respect. An end has been put to such dangerous diseases as plague, cholera, smallpox, and recurrent typhoid fever.

There are no longer any epidemics of typhus and the time is close at hand when malaria, venereal and other diseases will be a thing of the past. Malaria incidence in 1953 was 34 times less than in 1948. In the towns, deaths from tuberculosis dropped two and a half times, and the number of new tubercular cases 18.5 per cent in the same period. Effective prophylactic measures are being outlined to stamp out various infectious diseases.

Soviet scientists are now working on a problem whose solution had always seemed unattainable—the problem of senility; how to prolong human life.

Sanitary and prophylactic measures are carried out not only by the public health services, but by industrial, public and trade-union organizations as well.

All the medical establishments, scientific research centres, medical schools and colleges, pharmacies and factories manufacturing medical equipment are owned and financed by the state.

The Soviet budget covers all public health expenditure. In 1940 this amounted to 11,200

million rubles; in 1953 it was almost 2.5 times more and totalled 27,200 million rubles. Moreover, another 22,700 million rubles were spent on health protection from state social insurance budget funds.

* * *

On July 11, 1918, V. I. Lenin signed the historic decree establishing the People's Commissariat of Public Health. The decree stipulated:

"1. The Commissariat of Public Health will be established for the purpose of unifying medical and sanitary work in the R.S.F.S.R. and will direct all the medical and sanitary services in the country.

"2. All the files and funds of the Council of Medical Collegia will be handed over to the People's Commissariat of Public Health.

"3. The People's Commissariat of Public Health will unify the activities of the medical services of all the commissariats and control their work pending full unification."

This decree placed all the medical and sanitary services, hitherto operated by various de-

partments, establishments, organizations and individuals, under the Commissariat's control and on the state budget list.

The People's Commissariat of Public Health set out to create a comprehensive system of control over local public health services and launched on the solution of the most urgent problems (elimination of infectious diseases and sanitary consequences of war) and modernization of medical and sanitary institutions.

It took resolute measures to strengthen the public health departments of the local Soviets of Workers', Soldiers' and Peasants' Deputies. Health work was directed on the principle of centralism, which is based on centralized direction and broad initiative of the local medical workers.

"It is necessary to stress the unique character of the unification of medical institutions under one single body," N. A. Semashko recalled. "Our task was not simply to order unification (although the decree of the Council of People's Commissars authorized us to do so), but to show that unification of medical services would benefit the people. Even the army

medical corps—an independent organization, though extremely weak at that time—was placed under the People's Commissariat of Public Health, for it could better serve the Red Army with such a relatively strong organization backing it."

To enlist the co-operation of the public, the Commissariat created an advisory body, the Central Medical and Sanitary Council, with members from workers' organizations. Another body, the Scientific Medical Council, was set up to unify scientists. This council, headed by the eminent scientist, Professor L. A. Tarasevich, was entrusted with scientific and practical problems.

The Soviet Government promulgated a series of decrees aimed at further unification of the administration and working methods of the medical and sanitary institutions. Among these were the decrees on health insurance (December 22, 1917), nationalization of pharmacies and medical property (1918), mother and child care (January 31, 1918) and compulsory smallpox vaccination (April 10, 1919).

Having successfully checked epidemics, the Soviet public health services began a resolute struggle against the pernicious heritage of the past—tuberculosis, venereal and other diseases. Again and again in the years that followed, the public health services reorganized their activity, striving by every possible means to carry out the urgent tasks that arose in the various stages of socialist construction. Unification of the medical services and the construction of new hospitals, clinics and other medical institutions considerably widened the public health network. By 1928 the number of hospital beds had increased by 70,000, rural medical circuits by almost 100 per cent, and doctors by 43,000, as compared with pre-revolutionary times.

Many new-type institutions were established, among them mother and child centres, tuberculosis and venereological dispensaries, consultation centres, and night sanatoria.

The number of scientific research centres grew, too. In 1930 the medical departments at various universities, originally under the People's Commissariat of Education, were turned over to the People's Commissariat of

Public Health and reorganized as medical colleges. This led to improvement of tuition methods and an increase in the number of students. Teachers at these colleges were given practical training in hospitals, polyclinics and dispensaries.

The establishment of union republics was followed by the formation of republican people's commissariats of public health. In 1936 the Soviet Government set up the U.S.S.R. People's Commissariat of Public Health (predecessor of the present Ministry of Public Health) to co-ordinate and methodically direct their activities.

The public health system underwent constant changes to meet current exigencies, improving with each phase of the development of the Socialist State.

The Ministry of Communications, the Ministry of Defence and the Ministry of Internal Affairs established their own medical and sanitary services for the better care of their personnel, while the Ministry of Food Production, the Ministry of Trade and other Ministries set up sanitary inspection services. This did not violate the principle of unity governing Soviet

public health, since over-all direction and control remained in the hands of the U.S.S.R. Ministry of Public Health.

Local public health services are directed by the U.S.S.R. Ministry of Public Health through the Republican Ministries. The local Soviets of Working People's Deputies have their own public health departments in various territories, regions, towns and districts. In most republics they are headed by deputies of the local Soviets, who are accountable not only to the higher authorities, but to their electors as well.

The state character of Soviet public health ensures application of the latest methods by all medical institutions.

New advanced methods are popularized by the medical press, scientific associations and congresses. There are more than 40 mass-circulation medical journals in the Soviet Union, published in the Russian and other languages.

Soviet doctors closely follow the advanced experiences of the medical world, and take an active part in international congresses and conferences. The accomplishments of So-

viet and world medical science are widely publicized and made use of.

The tremendous advantages of state organization and unification of working methods in public health have been conclusively proved by the complete elimination of malaria as a widespread disease in various republics, regions and districts. This has been made possible by the co-operation of various state organizations and wide application of comprehensive preventive and curative methods.

The state character, unity and planning of the Soviet public health system have had an especially beneficent influence on the medical servicing of women and children who enjoy particular attention in the Soviet Union.

Article 122 of the Soviet Constitution says: "Women in the U.S.S.R. are accorded equal rights with men in all spheres of economic, government, cultural, political and other public activity.

"The possibility of exercising these rights is ensured by women being accorded an equal right with men to work, payment for work, rest and leisure, social insurance and

education, and by state protection of the interests of mother and child, state aid to mothers of large families and unmarried mothers, maternity leave with full pay, and the provision of a wide network of maternity homes, nurseries and kindergartens."

Half of the specialists graduating from Soviet universities and institutes, and more than half of all the doctors, are women. There are more than 1,000,000 women, including 220,000 doctors, employed by Soviet medical institutions. Many women are in charge of university chairs and medical research centres.

Mothers enjoy special attention. The Soviet Government has exalted the dignity and honour of the Soviet mother by creating the honourable title of Mother Heroine and instituting the Order of Motherhood Glory and the Motherhood Medal.

More than 4,500,000 mothers have been decorated with the Order of Motherhood Glory and the Motherhood Medal for bringing up five or more children. The title of Mother Heroine has been conferred on more than 44,000

women who have given birth to and raised ten or more children.

Mother and child care in the U.S.S.R. is a state function. It is secured by special legislation and a wide network of medical and prophylactic institutions.

Pregnant women are kept under observation by consultation centres that give them all the necessary medical aid before and after confinement and teach them child care and hygiene.

Women working in factories or offices are granted an extended leave (56 days before, and 56 days after, childbirth) with full pay. After the birth of a child they receive a sum of money covering the cost of a layette. Furthermore, they are entitled to time off from work every three and a half hours to nurse the baby.

Women collective farmers, too, enjoy privileges. The Rules of the Agricultural Artel provide that they shall be granted a month's leave before and another after confinement.

Maternity homes and maternity wards in hospitals ensure all the necessary aid to expectant mothers not only in the towns, but

in the rural areas, too. Infants are kept under observation by consultation centres and may be reared in crèches until they are three years old. In the rural areas there are seasonal and field crèches in summer.

Children of pre-school age (from three to seven years of age) attend kindergartens which, like crèches, are set up at factories and plants, offices and residential blocks.

The state pays particular attention to the health of school children. Proper sanitary regime, physical culture, large-scale sanitary measures and systematic medical check-ups help to ensure a healthy rising generation.

* * *

Planning of the national economy is one of the most important features of the economic and organizational function of the Soviet State.

Article 11 of the U.S.S.R. Constitution says: "The economic life of the U.S.S.R. is determined and directed by the state national-economic plan, with the aim of increasing the public wealth, of steadily raising the mate-

rial and cultural standards of the working people, of consolidating the independence of the U.S.S.R. and strengthening its defensive capacity."

The national economic plan of the U.S.S.R. covers all the branches of the economy and culture: industry, agriculture, municipal and housing economy, public health, education, science and art. The public health development plan is thus a component part of the national plan.

Apart from the national health plan there are plans for each branch, department and district, which take into consideration the basic demographic and sickness indices. Here particular attention is paid to medical services in industry and the industrial centres, new towns, machine-and-tractor stations, and in the areas where virgin and fallow lands are now being cultivated. This is in line with the principle of rational differentiation in the activities of public health services.

The need for it in the existing, and especially the newly created, medical institutions, arose in the very first phase of Soviet public health development.

Planned public health made it possible to expand the network of medical institutions in places where they were inadequate, such as the Sverdlovsk, Chelyabinsk, Molotov and other industrial regions in the Urals, Siberia and the Far East. They now have a sufficient number of doctors, well-equipped hospitals and other medical and prophylactic institutions. The number of hospital beds in these regions increased by 21,000 in the period of the first post-war five-year plan.

Planned organization of the public health services has largely done away with the sharp distinction between town and country on health matters. Specialized medical aid is now available in 98.3 per cent of all the rural district centres.

The policy of the Communist Party on the national question is reflected also in public health planning. The situation in the medical services has changed radically in all the national republics.

The number of hospitals in the Tajik S.S.R. increased 75.4 times between 1917 and 1941,

in the Kirghiz S.S.R. 29.5 times, and in the Turkmenian and Armenian Soviet Socialist Republics, 25 times. Soviet Azerbaijan has 8.5 times more medical and sanitary institutions than Turkey and 23 times more than Iran.

The national republics and outlying regions of the U.S.S.R. have medical services which are coming up with those in the central areas of the European part of the country.

The Soviet health service is comprehensive in character. As already mentioned, its main tasks of protecting people's health are tackled not only by the relevant organization, but also by various other departments whose plans provide for medical and sanitary measures.

Constant control and check-ups are absolutely essential for successful implementation of the measures provided for by the plan.

The development of the public health service in the Soviet Union is a graphic example of the advantages of unified direction and planning.

FREE QUALIFIED MEDICAL AID FOR ALL

Soviet working people are assured free qualified medical aid.

The introduction of free medical aid, however, did not mean that it was available to all. To make it so required tremendous effort: the creation of a network of specialized medical institutions and the training of an adequate number of doctors and intermediate medical personnel. The first step in this direction was large-scale construction of medical establishments and colleges.

In the 25 years from 1917 to 1941 the number of hospitals in towns increased fivefold, and even more in the national republics.

There were only 15 medical colleges in Russia in 1913, with 1,500 doctors graduating annually. Within the first few years after the Great October Socialist Revolution the number of colleges and medical departments increased by 16. At present there are 84 such institutes and the number of doctors graduating each year averages 24,000. There were only 20,000 doctors in pre-revolutionary Russia. In 1953 there were 277,000 doctors and

19,000 dentists. The increase has been especially sharp in the union republics, most of them backward border regions under the tsarist regime. For instance, before the Revolution there was only one doctor for 31,000 inhabitants in Uzbekistan, now there is one for 895. In Azerbaijan there is a doctor for every 490 people and in Georgia for every 373.

Almost every union republic has its own medical schools and colleges, in which students are taught in their own language. Consequently, all these republics have their own physicians and intermediate medical personnel who speak the language, know the life and customs of their patients, and ably carry on health education among their people. In Armenia, for example, native doctors constitute 92 per cent of the total, in Georgia 82 and in Lithuania 61. There are also considerably more doctors now in Siberia and in the remote northern districts where previously medical circuits were hundreds of miles apart.

No small role in public health is played by the intermediate medical personnel—the physician's assistants, midwives and nurses—whose number in 1917 totalled only 50,000.

Nowadays the annual enrolment in medical schools is 60,000, and there are already 900,000 physicians' assistants, midwives and nurses in the Soviet Union.

The demand for qualified medical aid grows along with the development of culture and improvement of living standards. Only highly qualified health services can satisfy the working people. Personnel for these services are trained by the departments of Soviet medical institutes dealing with curative treatment and prophylaxis, hygiene, pediatrics and stomatology. The medical course has been extended to six years, and in the sixth year the future physicians enter clinics and hospitals for specialization purposes.

On their graduation the young specialists (surgeons, therapists, pediatricists, etc.) are sent by the U.S.S.R. Ministry of Public Health to the places where they are most needed.

More than 16,000 physicians study annually at the 11 institutes established for special and advanced training. Scientific research centres and the larger regional and city hospitals also possess facilities for advanced training. There

are specialized courses for the intermediate personnel, too.

The recent amalgamation of polyclinics, clinics, consultation centres, dispensaries and hospitals into single institutions under one management has enabled dispensary doctors to improve their qualifications.

A doctor working in a polyclinic can now keep his patients under observation both during the initial stages of their illness and while they are in hospital, and can consult with eminent specialists who formerly worked only in clinics.

Since district hospitals in the countryside were reorganized as specialized institutions the overwhelming majority of rural districts now have their own specialists.

Another step towards better organization of specialized medical aid is the institution by the republican health ministries and regional health departments of the office of chief specialist.

Scientific medical societies, physicians' congresses and conferences, and medical journals do much to help the doctors to better their qualification and augment their theoretical knowledge.

SOVIET PUBLIC HEALTH AND MEDICAL SCIENCE

Socialist construction is inseparably linked with the development of science and its achievements.

"Previously, the human brain and human genius created only to give some the benefits of technique and culture and to deprive others of the most essential things—education and development. Now, all the wonders of technique, all the gains of culture will become the property of all, and henceforth the human brain and human genius will never be turned into a means of oppression, into a weapon of exploitation." So spoke V. I. Lenin, the founder of the Soviet State. This prophecy has come true.

Soviet public health service is developing successfully because it makes wide use of the achievements of Soviet and world science.

There were few medical research centres in pre-revolutionary Russia, scientific research being done almost exclusively by the medical departments of the universities and their

clinics. Today the Soviet Union has 84 medical institutes, and 259 medical research centres staffed by more than 15,000 scientific workers. Instructors at the medical colleges include 2,500 Doctors of Science and about 6,000 Candidates of Science.

Many hospitals in towns (Tula, Kalinin, Penza, Sverdlovsk, Torzhok, etc.), and even in the countryside, are headed by Doctors and Candidates of Science.

Research work is done not only by scientific workers, but also by thousands of general practitioners, scores of whom have been awarded a government prize for their outstanding accomplishments.

More than one-third of all the articles in Soviet medical journals are written by general practitioners and public health administrators.

The co-ordinating centre of medical science is the Academy of Medical Science of the U.S.S.R. under the Ministry of Public Health. It has more than 30 scientific research institutes, including physiology, biology, therapy, surgery, pediatrics, public hygiene, labour hygiene, organization of public health, and

medical history. Among the academicians are such prominent scientists as N. N. Anichkov, Y. N. Pavlovsky, K. M. Bykov, L. A. Orbeli, A. I. Abrikosov, A. D. Speransky, K. I. Skryabin, A. N. Bakulev and V. P. Filatov.

The activities of the medical research institutes are directed by the Scientific Council of the Ministry of Public Health, whose members include some of the country's most eminent scientists, and by the Academy of Medical Science. They determine what problems these institutes and scientists shall work upon.

It is on this basis that the state scientific research plan is worked out. Its implementation is controlled by the Ministry of Public Health which is informed of the work undertaken by each scientific institution and gives all necessary assistance to scientists. This precludes the possibility of duplication in research work and raises its efficiency.

Such method of planning enables scientists to concentrate their efforts on solving the most urgent problems, particularly those whose solution will reduce sickness incidence and mortality—such as the prevention and

care of influenza, malignant growths, cardiovascular diseases, etc.

Often scientists, and even scientific research institutes, join forces on some urgent problem. For instance, working on the problem of hypertonia, the Institute of Therapy of the Academy of Medical Science has enlisted the co-operation of more than 100 specialists from scientific research institutes all over the country for the joint study of the etiology and treatment of this disease.

Scientific achievements and discoveries are immediately introduced into practice. New methods of prophylaxis, diagnosis and treatment are brought to the notice of medical and prophylactic institutions through letters, instructions and the press.

Nation-wide, republican and local congresses of medical specialists are held regularly. The Academy of Medical Science of the U.S.S.R. and the scientific councils of the research institutes hold their sessions in various towns with local practitioners taking part.

Soviet medical science is developing on the basis of a free exchange of opinion and constructive discussion—a system that is widely

applied by all medical research institutes and societies.

Recent discussions on cardinal medical problems, in which general practitioners had widely participated, defined the targets of scientific research in the sphere of preventative and curative treatment, reinforced practice with advanced theory, and ensured further successful development of Soviet medical science and public health.

PROPHYLAXIS—PREVENTION OF DISEASE

The Soviet health service is based on the principle of prophylaxis, i.e., its aim is not merely to cure disease but to prevent it.

"We should not regard prophylaxis as an ordinary preventive measure undertaken by Soviet medical institutions," N. A. Semashko said. "It is much more than that; it is an expression of the Soviet State's deep solicitude for people's health."

The Soviet State has created all the conditions necessary for successful prophylactic work.

In capitalist countries prophylactic measures aimed at improving people's working and living conditions are strictly limited in volume and character and are implemented only to the extent that they serve the interests of the ruling classes.

"The root difference between Soviet medicine and medicine in the capitalist countries," wrote Z. P. Solovyov, one of the organizers of the Soviet public health system, "lies in the fact that the latter cannot practise prophylaxis without endangering the very foundations of capitalism, and for that reason its activities are confined to so-called general measures and limited individual charity."

And further: "The transfer of state power into the hands of the working people, establishment of the Soviet governmental system and the development of a comprehensive medical system have created the necessary premises for organizing prophylaxis."

In the Soviet Union, where the aim of socialist production is fully to satisfy the growing material and cultural demands of society, the enhancement of people's health and the creation of healthy working and living con-

ditions constitute one of the most important state tasks.

It is to this end, too, that the activities and mass measures of all the public and trade-union organizations are directed.

The principle of preventive medicine is reflected in the Marxist-Leninist theory that the living conditions of the working people depend on the mode of production, in the scientific and materialist conception of the organism's interactions with its environment, and in the decisive significance of social conditions for the protection of health and the elimination of sources of disease.

Reactionary scientists deny that external, and particularly social, conditions exert decisive influence on the development of the organism and on people's health. They claim that man's health is influenced by his physique and heredity. They do this in an attempt to relieve the capitalist class of the responsibility for high sickness incidence and mortality among the working people.

It was the progressive representatives of Russian medicine who first proved the scientific basis of prophylaxis. I. M. Sechenov,

father of Russian physiology, wrote as far back as 1861 that "the organism is inconceivable without the environment which sustains it. Hence, the scientific definition of the organism must include the environment which influences it, for without it the existence of the organism is impossible."

One of the first Russian clinicians, S. P. Botkin, repeatedly pointed out that the cause of sickness lay in poor living conditions. "The concept of sickness is inseparably linked with its cause which is always, and exclusively, conditioned by the environment that affects the afflicted organism either directly or indirectly," he said. "It is the organism's reaction to malignant action, to the influence that the environment exerts on it, that constitutes the essence of the disease."

The materialistic understanding of the role which improvement of living conditions plays in preventive medicine was also recognized by another outstanding Russian clinician, A. A. Ostroumov. "The aim of clinical research," he said, "is to study the conditions of the environment in which the human organism exists, the conditions in which it adapts itself

to the environment, and the causes of disorder. The subject of clinical study is an ailing man whose normal life has been disrupted by the conditions of his environment."

And how true is the prophecy made by the famous Russian surgeon N. I. Pirogov: "The future belongs to preventive medicine."

Eminent Russian scientists repeatedly stressed the importance of hygiene in preventive medicine. M. Y. Mudrov, father of the Russian school of therapy, as far back as the first half of the 19th century considered that the primary duty of a doctor was to keep healthy people under observation, since this would permit early diagnosis and prevent disease.

"To take care of healthy people, safeguard them from sickness, hereditary or otherwise, and prescribe to them the regime they must follow is the duty of every honest doctor," he wrote. "This saves a lot of trouble, for it is easier to prevent disease than cure it, and preventing disease is the doctor's first duty."

The eminent Russian therapist G. A. Zakharyin wrote: "The more qualified a medical practitioner is, the more clearly he perceives the power of hygiene and the relative weakness

of treatment, therapy. It is well known that hygiene can prevent even the most dangerous and widespread diseases against which therapy is helpless. Therapy is successful only if one observes hygiene. We might add that, while therapy is valuable in individual cases, it becomes less important as the number of cases increases. It is only hygiene that can fight victoriously against disease."

Research work by Russian sanitary statisticians and hygienists reveals that it is social conditions that influence people's health. They have proved conclusively that the struggle for man's health can be successful only if his environment—i.e., his working and living conditions—is improved.

I. P. Pavlov's study of conditioned reflexes enriched our concept of the organism's interaction with its environment, and showed how environment influences the organism. The great physiologist's study of man's first and second signalling systems strengthened the possibility of "educating" the organism and influencing it in the right direction for prophylactic purposes. Pavlov particularly stressed the tremendous importance of etiology and

pathogeny for prophylaxis. "Indeed, do not the causes of the disease," he wrote, "usually creep into the organism where they begin to act long before the patient becomes the subject of medical attention? Knowledge of these causes is, naturally, of extreme importance for medicine. In the first place, only when we know the cause, can we effectively struggle against it, and in the second place, what is still more important, prevent its action, its penetration into the organism. Only knowledge of the causes of diseases will turn the present-day medicine into the medicine of the future, i.e., hygiene in the broad sense of the word."

It is along this path that Soviet medicine is advancing.

Inheriting all that was progressive in Russian and world medical science, Soviet doctors not only formulated the preventive trend in socialist public health, but also put it into practice.

The successes of socialist construction and the accomplishments of Soviet medical science have been the factors making for the enrichment and perfection of prophylaxis. It is the basis upon which the work of our public

health bodies and medical personnel proceeds. Protection of people's health is primarily effected through the implementation of extensive sanitary measures, and is secured by state legislation on the improvement of health conditions in populated places (protection of soil, water and air from pollution).

V. I. Lenin prophesied that under socialism technical progress "will make working conditions more hygienic, free millions of workers from smoke, dust and dirt, and speed up the transformation of filthy workshops into clean, bright laboratories worthy of man." This prophecy is becoming a reality.

Public health bodies participate in and control the construction and reconstruction of cities, industrial centres, factories, plants and public enterprises.

The standards of hygienic working and living conditions are worked out by Soviet medical institutions, laboratories and epidemiological stations which see to it that they are strictly adhered to.

The struggle against the outbreak and spread of contagious diseases is waged by powerful epidemiological services which have

their own network of sanitary and bacteriological institutes and laboratories.

Epidemiological stations, equipped with all the necessary apparatus and well stocked with disinfectants, serums and vaccines, function in every town and district.

Soviet medical and prophylactic institutions take an active part in the prevention and elimination of infectious diseases. Hundreds of millions of rubles are spent annually on vaccinations and inoculation against smallpox, diphtheria, tuberculosis and other diseases.

Of vast prophylactic value is the network of health resorts, sanatoria, night sanatoria and holiday homes set up during the Soviet rule. They annually accommodate nearly 5,000,000 people.

The synthesis of cure and prophylaxis is a special feature of Soviet public health. The principle of preventive medicine is embodied in the dispensary methods of work of Soviet medical and prophylactic institutions.

This is how N. A. Semashko characterized the dispensary methods of work:

"The Soviet dispensary (1) ensures perfect

diagnosis and highly-qualified specialized medical aid; (2) mobilizes society to combat diseases; (3) implements measures aimed at improving the working and living conditions of the population; (4) propagates hygienic knowledge among the population; (5) prescribes the use of subsidiary establishments (dietary dining-rooms, night and day sanatoria, children's recreation grounds); and, finally, (6) organizes further treatment (at clinics, sanatoria or health resorts), if it is found necessary.

"The dispensaries use active methods: they are not satisfied with treating only those who apply for medical aid. They seek out ailing people and take measures to cure them in the initial stage of the disease and to eliminate sources of tuberculosis."

The dispensary methods applied by the medical and prophylactic institutions have improved along with the development of Soviet public health. One of them is to take under dispensary observation certain groups of healthy people (on the production-and-age principle) and of ailing people (on the nosological principle).

The dispensaries have played a decisive role in combating the so-called social diseases (tuberculosis, venereal diseases and alcoholism)—the pernicious heritage of the past.

The first tuberculosis dispensary was opened in Moscow in 1918 and the first venereological dispensary in 1921. This was followed by the establishment of a nation-wide network of dispensaries with their own dietary dining-rooms, night sanatoria, children's day sanatoria, recreation grounds, etc.

There are also oncological, psychoneurological, physical culture and other dispensaries as well as a growing network of women's and children's consultation centres which also apply dispensary methods. Dispensaries look after babies from the moment of their birth, children of pre-school age, school children, youths, expectant mothers, etc. In the industries this job is done by medical and sanitary sections, polyclinics and first-aid stations.

Dispensary methods are being increasingly applied by the medical and prophylactic institutions. Circuit doctors look after people suffering from cardiovascular diseases, hypertonia, rheumatism, ulcers, dysentery, malaria and

other chronic diseases. Dispensary methods are now being increasingly applied in the countryside.

The new phase in the development of prophylaxis is linked with the amalgamation of polyclinics and hospitals. Dispensary methods are now being used by clinicians and have thus become the leading method of work in all the medical and prophylactic institutions.

The solicitude of the Communist Party and the Soviet Government for the improvement of public health was vividly reflected in the directives adopted by the 20th Congress of the Party on the Sixth Five-Year Plan (1956-60). The Congress stressed the need for more extensive prophylaxis and a higher standard of medical service.

The Soviet Union has set itself the gigantic task—never before attempted in human history—of achieving a level of nourishment based on physiological standards which scientists consider necessary for the harmonious all-round development of a healthy man.

PUBLIC AND HEALTH SERVICES

There is no sphere of socialist construction that does not reflect the magnitude of people's creative power, the development of which is ensured by the Soviet State and social system, the most democratic in the world.

Soviet public organizations and working people have played an extremely active role in every phase of public health construction. Their volunteer services are an integral part of the public health system. On their part, the health authorities and institutions maintain the closest links with the people. All this makes Soviet public health genuinely popular in character.

No medical organization could have successfully tackled the job of protecting and improving people's health and preventing diseases without the support of public organizations and the population.

"We have a 'magic means' of enlarging our state apparatus *tenfold* at once, at one stroke, a means which no capitalist state ever possessed nor could possess," V. I. Lenin said. "This magic means is to draw the working

people, to draw the poor, into the daily work of state administration."

During the Civil War and foreign intervention, workers, peasants and Red Army men helped the public health services to check the typhus epidemic. In 1920, in response to a call from V. I. Lenin, our country launched a drive for cleanliness and against filth—the source of epidemics and disease. The nation-wide measures included the "Struggle-for-Cleanliness Week," "Bath-and-Laundry Week," cleaning up of yards, houses and dormitories, and mass disinfection. Permanent volunteer health stations, sanitary commissions and first-aid stations were established in the industries, houses, schools and in the army.

Then came peace and the rehabilitation of the national economy, and it was in this period that the factories and work places formed public health aid groups, set up social insurance councils under the factory committees, and elected insurance delegates. Commissions entrusted with improving working and living conditions and with advising the population on social aid were established at hospitals, polyclinics, dispensaries and consultation centres.

Volunteer services were also organized in the countryside. Rural health agents, first-aid stations and sanitary commissions rendered valuable assistance to the medical personnel. Somewhat later there appeared a new type of volunteer health organization in the form of an institute of public health agents and sanitary stations.

These health volunteers played an exceptional role during the Second World War.

Considerable assistance to the public health services was given by Red Cross and Red Crescent organizations. They gave first-aid instruction to more than 23,000,000 people, trained 60,000 public health inspectors and set up 250,000 sanitary stations. Hundreds of thousands of Red Cross members took part in the anti-epidemic drives of the public health services, looking after the sanitary conditions in the industries, residential blocks and yards, carrying out house-to-house health inspection and seeking out the sick.

Red Cross sanitary teams gave invaluable assistance to clearing hospitals in receiving the wounded from hospital trains and in seeing to the needs of the wounded.

It was on the initiative of the Red Cross that collective farms set up medical stations which conducted anti-epidemic and sanitary education work under the guidance of medical personnel.

After the war the population joined actively in restoring the medical establishments which the fascist aggressors had destroyed. Twelve thousand collective farmers in Zhitomir Region, the Ukraine, set the example by working on Sundays to repair the medical institutions in their area. This example was followed by collective farmers throughout the country.

There are many types of volunteer health organizations and methods of work, and they have changed and improved with each phase of public health development.

Public participation in health work is now organized along definite lines. The Soviets of Working People's Deputies have permanent public health commissions (formerly public health sections) whose members are drawn from among Deputies of the Soviets, medical personnel and other workers. These commissions look after health conditions, control the

activities of medical institutions, deal with population's complaints and help to eliminate shortcomings in the public health system.

An exceptionally active role in public health is played by trade unions. The social insurance councils of the factory committees and the insurance delegates supervise the work of medical and prophylactic institutions, help to improve the medical treatment of workers and their families and see to it that the sick observe the regime prescribed by doctors.

Implementing the decision of the U.S.S.R. Ministry of Public Health and the All-Union Central Council of Trade Unions, the hospitals, polyclinics, maternity homes, crèches, dispensaries and other medical and prophylactic institutions have organized Councils of Assistance. Their members are Communist Party and trade-union representatives, medical workers of the institution concerned, workers and employees of the factories, plants and other establishments serviced by the institution, and representatives of the residential blocks in the institution's district, the permanent public health commission of the Soviet of Working People's Deputies, and the Red Cross Society.

The Council of Assistance is headed by the director of the medical institution.

The Council members work out measures aimed at improving medical and prophylactic services, reducing sickness incidence and preventing diseases, organize sanitary educational work and carry out sanitary and anti-epidemic measures. The Council sees to it that the medical institution is kept in repair, well equipped and supplied, and deals also with complaints concerning the public health services.

In orphanages there are guardianship councils which supervise activities, look after the children's education and find suitable homes for them in workers' families.

Public health agents at the medical and prophylactic institutions and epidemiological stations in towns and in the countryside constitute the biggest of the voluntary groups. They have well proved their worth in practical work. They assist the circuit doctors of town and rural hospitals, physicians at factories and other industrial enterprises, and epidemiologists, and also look after sanitary conditions. These agents are elected by the local com-

mittees of various enterprises, by collective farms and by local Red Cross organizations, from among their most active social workers.

The basic voluntary public health organizations are the sanitary posts set up in factory workshops and other enterprises, in schools, universities and colleges, at state and collective farms, and machine-and-tractor stations.

These posts are serviced by members of the Red Cross and Crescent Society and other social workers. They give valuable assistance to medical personnel in prophylaxis and sanitary education, and look after sanitary conditions at the workshops, residential blocks and dormitories.

They are particularly active in the countryside where they carry out house-to-house inspection, superintend the work of children's establishments, see to it that wells and other sources of water are kept free of infection, and look after hygiene in field work.

Red Cross Society sanitary teams are attached to medical and prophylactic institutions and help them in their health-building work.

The work done by the permanent commissions of the Soviets of Working People's Deputies, the Red Cross and Red Crescent Societies, social insurance councils and insurance delegates, councils of assistance and guardianship councils, public health agents and members of the sanitary posts is a major factor in the success of Soviet public health in prophylaxis, in developing medical services and improving the health of the people.

* * *

Improvement of city and rural medical services, of prophylaxis and sanitation is inconceivable without the active participation of the population and of public organizations in health work. The health services must rely on the everyday assistance of voluntary workers whose strength and potentialities are inexhaustible.

The membership of the Red Cross and Red Crescent Societies alone exceeds 17,500,000 Soviet citizens who assist the health services in carrying out prophylactic measures and propagating hygiene.

The main task of those leading the public health service is to make proper use of the creative potentialities of the voluntary health workers, and it is their duty to train and educate such workers.

The education of voluntary health workers is the duty of all medical workers, Red Cross and Red Crescent organizations, medical educational institutes and of the medical workers' trade union, but it is, first and foremost, the job of therapists, pediatricists, gynaecologists, doctors practising in workshops, sanitarians and epidemiologists who, serving the industrial workers and the population, maintain close contact with them.

The public health authorities and institutions co-operate with the permanent health commissions of the local Soviets, and strive with their assistance to implement the medical, prophylactic and sanitary measures within their district or town.

They enlist the help of Red Cross members in carrying out mass measures aimed at raising the level of sanitary services and improving hygienic conditions in towns, workers' settlements, residential blocks and dormitories,

industries and schools, as well as at collective farms, machine-and-tractor stations, dairy farms, and in agricultural work.

Sanitary education plays an extremely important role in the improvement of hygiene, the elimination of the remnants of the past and the betterment of living conditions. It is used to interest the population in health protection work. Help given to the public health authorities and institutions by voluntary workers is a necessary condition and guarantee of the successful protection of the health of Soviet people, the builders of communist society.

Approved For Release 2008/02/11 : CIA-RDP80T00246A001600750002-0

Н. ВИНОГРАДОВ
ОСНОВНЫЕ ПРИНЦИПЫ
СОВЕТСКОГО ЗДРАВООХРАНЕНИЯ

Printed in the Union of Soviet Socialist Republics

Approved For Release 2008/02/11 : CIA-RDP80T00246A001600750002-0